

PK 50m bad: Session: 4: COACH evaluation sheet for TEAM: OZEKA

Coachinfo: Warming up from: 13:00 untill 13:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Devriese Boris HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:2, starttime: 14:03
Heat: 2/3 Lane : 2 Athlete: VAN LIERDE DAAN			Q-time: 01:56:27
PB (50m pool): 01:56.27 Antwerpen 13/07/2025			PB (25m pool): 01:56.05 SB: no time
	5 0 M	1 0 0 M	
PB	00:55.54	01:56.27	
	00:55.54	01:00.73	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:3, starttime: 14:10
Heat: 3/8 Lane : 1 Athlete: HOEYMANS CEDRIC			Q-time: 00:32:37
PB (50m pool): 00:33.50 Antwerpen 13/07/2025			PB (25m pool): 00:32.37 SB: no time
	5 0 M		
PB	00:33.50		
	00:33.50		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 14:19
Heat: 3/10 Lane : 5 Athlete: VAN LIERDE ROOS			Q-time: 00:34:07
PB (50m pool): 00:35.78 MOUSCRON 29/05/2025			PB (25m pool): 00:34.07 SB: no time
	5 0 M		
PB	00:35.78		
	00:35.78		
			

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:3, starttime: 14:19	
Heat: 3/10 Lane : 7 Athlete: BERTE LISE				Q-time: 00:35:42	
PB (50m pool): 00:38.26 MOUSCRON 29/05/2025				PB (25m pool): 00:35.42 SB: no time	
	5 0 M				
PB	00:38.26				
	00:38.26				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:4, starttime: 14:20	
Heat: 4/10 Lane : 3 Athlete: VAN DE WALLE NORA				Q-time: 00:33:01	
PB (50m pool): 00:32.82 LOCHRISTI 25/01/2026				PB (25m pool): 00:33.01 SB: 00:32.82 LOCHRISTI 25/01/2026	
	5 0 M				
PB	00:32.82				
	00:32.82				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:28	
Heat: 1/4 Lane : 2 Athlete: VAN NIEUWENHUYZE LUKAS				Q-time: 03:31:28	
PB (50m pool): 03:31.28 Kortrijk 26/12/2025				PB (25m pool): no time SB: 03:31.28 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.63	01:41.50	02:36.28	03:31.28	
	00:47.63	00:53.87	00:54.78	00:55.00	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:28	
Heat: 1/4 Lane : 7 Athlete: VAN BRAECKEL SEPPE				Q-time: 03:35:81	
PB (50m pool): 03:35.81 MOUSCRON 29/05/2025				PB (25m pool): 03:44.72 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.11	01:45.49	02:41.04	03:35.81	
	00:49.11	00:56.38	00:55.55	00:54.77	
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 14:58
Heat: 2/8 Lane : 4 Athlete: VAN LIERDE DAAN			Q-time: 01:33:05
PB (50m pool): 01:33.05 Antwerpen 13/07/2025			PB (25m pool): 01:40.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.92	01:33.05	
	00:46.92	00:46.13	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 15:03
Heat: 4/8 Lane : 5 Athlete: VAN BRAECKEL SEPPE			Q-time: 01:19:41
PB (50m pool): 01:21.05 Antwerpen 20/07/2025			PB (25m pool): 01:19.41 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:21.05	
	no time		
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 15:05
Heat: 5/8 Lane : 5 Athlete: BOONEN KAREL			Q-time: 01:15:33
PB (50m pool): 01:18.08 Antwerpen 20/07/2025			PB (25m pool): 01:15.33 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.68	01:18.08	
	00:37.68	00:40.40	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:2, starttime: 15:17
Heat: 2/9 Lane : 2 Athlete: VAN DE WALLE NORA			Q-time: 01:29:76
PB (50m pool): 01:30.11 LOCHRISTI 25/01/2026			PB (25m pool): 01:29.76 SB: 01:30.11 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.11	
	no time		
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:2, starttime: 15:17	
Heat: 2/9 Lane : 3 Athlete: VAN LIERDE ROOS				Q-time: 01:27:17	
PB (50m pool): 01:30.28 Antwerpen 13/07/2025				PB (25m pool): 01:27.17 SB: no time	
	5 0 M	1 0 0 M			
PB	00:43.96	01:30.28			
	00:43.96	00:46.32			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:2, starttime: 15:17	
Heat: 2/9 Lane : 7 Athlete: BERTE LISE				Q-time: 01:31:40	
PB (50m pool): 01:43.55 Gent (Rozebroeken) 03/03/2024				PB (25m pool): 01:31.40 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	01:43.55			
	no time				
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:1, starttime: 15:36	
Heat: 1/6 Lane : 7 Athlete: HOEYMANS CEDRIC					Q-time: 03:11:27	
PB (50m pool): 03:16.02 Antwerpen 13/07/2025					PB (25m pool): 03:11.27 SB: 03:20.67 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:44.99	01:35.02	02:32.06	03:16.02		
	00:44.99	00:50.03	00:57.04	00:43.96		
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:3, starttime: 15:43	
Heat: 3/6 Lane : 1 Athlete: BOONEN KAREL					Q-time: 02:44:98	
PB (50m pool): 02:52.99 Antwerpen 20/07/2025					PB (25m pool): 02:44.98 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.29	01:21.67	02:14.98	02:52.99		
	00:39.29	00:42.38	00:53.31	00:38.01		
						

Coach feedback: